

Location: Alligator Respiratory Sleep Unit, Level 4, Premier Inn Clinical Building
The sleep unit is not a 24hr unit. The unit will open at 7:30pm for your admission.

Sleep study: information for families

This information sheet from Great Ormond Street Hospital (GOSH) explains what to expect when your child arrives to have a sleep study.

A sleep study is a test to see what happens to your body when it is asleep. When we're asleep, we aren't usually aware of what is happening with our basic functions. For example our breathing can become laboured, we can snore or make funny movements. You might not even think to talk to your doctor about these issues although your child may be tired during the day as a consequence. The doctor might suggest that your child has a sleep study if they suspect they have a sleep-related disorder, like sleep apnoea or hypoventilation.



The sleep study team

Why does my child need to have a sleep study?

It is important to diagnose if your child has a sleep-related disorder because the consequences of leaving it untreated can be significant in the long term. Sleep-related disorders can impact on the heart, the brain or on mood and behaviour. For example, having disturbed sleep at night might make your child tired the next day and make it difficult for them to concentrate at school. In addition, there are conditions (ENT, craniofacial, neuromuscular, metabolic and others) which may mean your child is more vulnerable to sleep-related breathing disorders and where a sleep study is helpful in guiding management. If your child is using ventilation or supplemental O₂, it is also important for us to regularly check that it is helping with sleep or to adjust the settings if required.

Before the Sleep Study

- You will be called around a week before your study by one of our Advanced Nurse Practitioners to confirm your appointment and check any special arrangements such as a cot or hoisting requirements. They will also go through some questions about your child's medical history to help the Doctors when assessing your child's sleep.
- You will also be called by one of the sleep Physiologists, usually the day before/of your study to go through some **screening questions related to COVID-19** to check it is safe for you and your child to come in to the hospital.



- If you have access to the internet, it would be great if you could **fill out the sleep questionnaire via MyGOSH** so you don't have to do it on the night – **Please see the MyGOSH section at the end of this leaflet for more information**

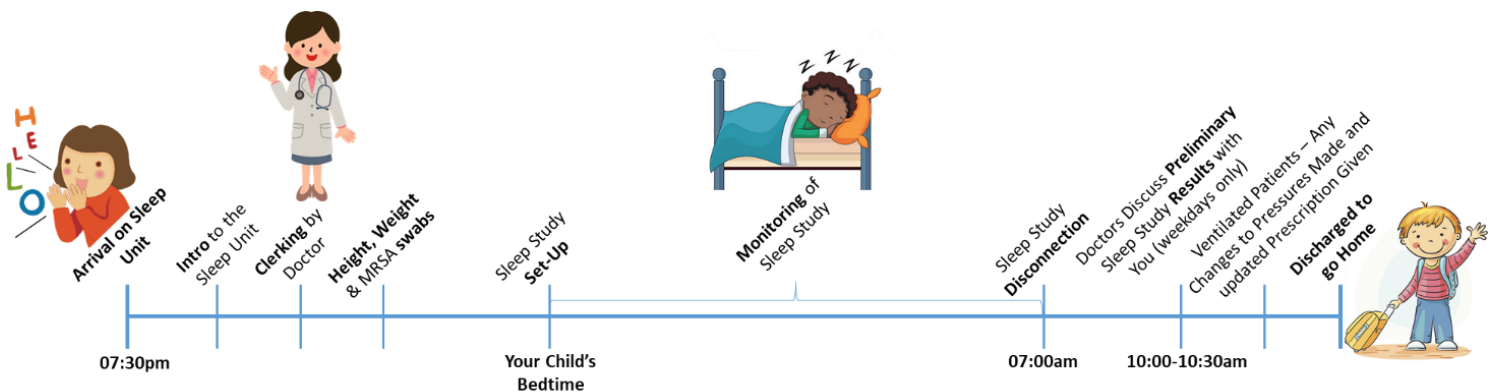
We appreciate this is a lot of calls, however, they are all necessary in order to ensure patient safety.

What do we need to take for the sleep study?

It is essential that one parent or carer can stay overnight with your child for the sleep study. The parent/carer is responsible for the child's care throughout the hospital visit and **must stay with the child at all times.** Due to trust health and safety policies, **we cannot accommodate more than one parent or carer.** You will require the following items with you:

- Your child's ventilator (for example, CPAP or BiPAP) if this is used by your child while at home. **Remember to include all equipment** (including the machine, masks, tubing etc.) so that we can check and service it during your stay.
- Food for your stay - we cannot provide any meals during your stay, so we advise you to have your evening meal before you come to the hospital, but you may bring food with you if you wish. The kitchen on the sleep unit has access to a microwave, kettle and basic breakfast supplies such as tea, coffee, milk, bread and cereal. The hospital canteen opens at 08:00am and there are also plenty of local cafes where you can have breakfast.
- Anything else that your child usually sleeps with, such as a soft toy, special pillows, duvets or blankets.
- **Any medication or medical equipment your child usually needs such as medication, special feeds, feeding pumps, syringes, or other things they may require such as pads/nappies.**

What will happen?



It is very important that you arrive at 07:30pm and NOT just before your child's bedtime. This is to ensure your child is seen by a doctor to check they are well enough for the sleep study. **If you are more than an hour late without prior notice, we have the right to refuse the sleep study.**

If your sleep study is on a Friday or Saturday night you will not have a doctor's review in the morning and are free to leave after disconnection. Please note the sleep unit closes at 08:00am on the weekend so please do vacate before then.

Sleep Study Experience Video!

Please follow the link below or scan the QR code to watch a video which describes the sleep study experience. You and/or your child may find this useful to see what the sleep unit looks like and to help you understand what to expect during your visit. Please note: since recording the video, we have moved to a new sleep unit so the rooms look a little different.



https://drive.google.com/file/d/1_4gniEPE7oW_aK7NtyCFH_kiVxAiRK-b/view?usp=drivesdk



You will be admitted to the Sleep Unit at 07:30pm. (The Sleep Unit does not open before this time)

We will show you to your child's bedroom where you can get settled and then a member of the sleep team and a doctor will come to talk to you about the sleep study in more detail. You will be required to fill out a questionnaire about your child's sleep on arrival, if you have not already filled it out via MyGOSH. This is a chance for you to ask any questions you may have, so it might be a good idea to write some of them down before you come in. Please discuss with the overnight Sleep Physiologist if your child has any allergies (for instance, to tape or latex) or other devices fitted (for example, a pacemaker inserted).

The doctor will check your child is well enough to have the study and do a **basic examination** including listening to their chest and examining their tonsils and adenoids.

A member of the sleep team will take some **routine admission swabs to check for MRSA (Methicillin-resistant staphylococcus aureus** - a type of bacteria resistant to many antibiotics). These are usually taken from the nose and throat but more may be required if your child has previously tested positive for MRSA. A member of the sleep team will also measure your child's height and weight and attach your child's patient identifying wristband.

While your child is still awake but ready for bed, the study will be set up, which involves:

- A soft probe is wrapped around your child's toe to monitor their oxygen levels while asleep.
- Two sticky ECG pads are placed on your child's chest to measure their heart rate.
- Two stretchy bands are put around your child's chest to record breathing movements
- A small position sensor is also placed on the chest to record in which position your child is sleeping.
- A small prong will be placed on the edge of the nostrils to monitor breathing rates.
- A small sensor will be stuck either below the collarbone or on the thigh, forearm or forehead to monitor carbon dioxide levels.
- Video and audio recording will also be monitored



Ready for bed

Once these sensors have been attached, your child will be able to sleep normally.

How long will the sleep study take?

Most sleep studies require a one night stay at GOSH. You will be informed in advance if it is likely to be any longer (for example, a CPAP or BiPAP trial may be for two nights).

Will it hurt?

Sleep studies are painless and there are no needles involved.

Facilities

The room you will have your sleep study will be for just you and your child and you will be made to feel as comfortable as possible.

The sleep unit rooms have access to the following facilities;

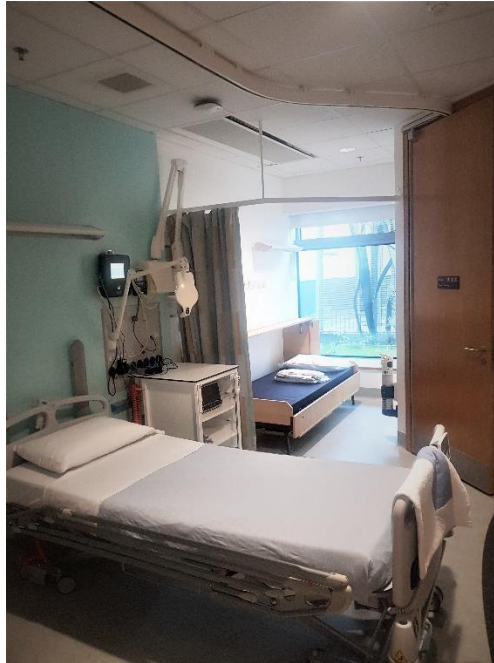
- A bed or cot for your child to sleep in (please specify which you would like during the calls)
- A pull-out bed for the parent/carer
- Access to your own bathroom and showering facilities
- Access to a portable/track hoist if needed (please specify if needed during calls)

The family kitchen has the following facilities;

- Kettle
- Microwave
- Milk, tea, coffee, basic cereals, bread, butter, and jam for you to make breakfast if you wish

One of the bedrooms on the sleep unit has a WC/shower cubicle which is separate to the room, but still on the sleep unit. The bedrooms with ensuite bathrooms in the room have access to hoisting

facilities so **these rooms will be allocated based on patient need such as wheelchair use or hoisting.**



One of our Sleep Unit rooms at GOSH (please let us know during the calls if you would prefer a bed or a cot for your child)

When can we go home?

A Sleep Physiologist will remove the sensors usually at 07:00am if enough sleep has been recorded.

If the study ends on a weekday, a doctor will review your study, probably between 10:00am and 10.30am (although this may not always be possible) and talk to you about the preliminary results. If you wish to leave the unit to have breakfast before returning, you may.

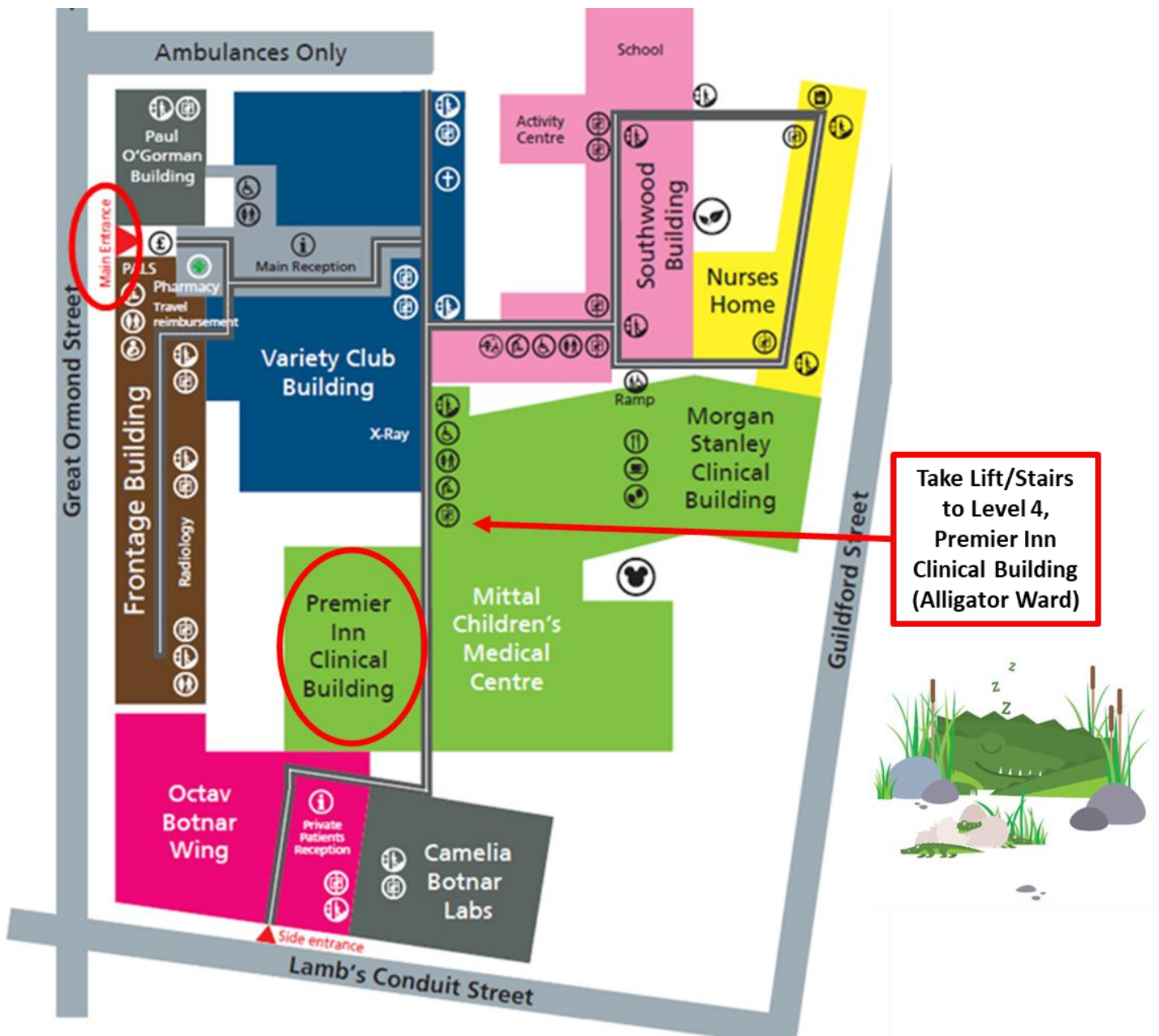
Your review with the doctor on the morning following the study allows you to ask about the study and the next steps. It also means you will not have to attend GOSH once more to receive the results.

If your study ends on a **weekend** then the **Sleep Unit closes at 08:00am** and if the sleep team are happy, you may leave once the sensors have been removed at 07:00am. As the Sleep Unit closes at 08:00am, please ensure you are ready to leave the Unit before this.

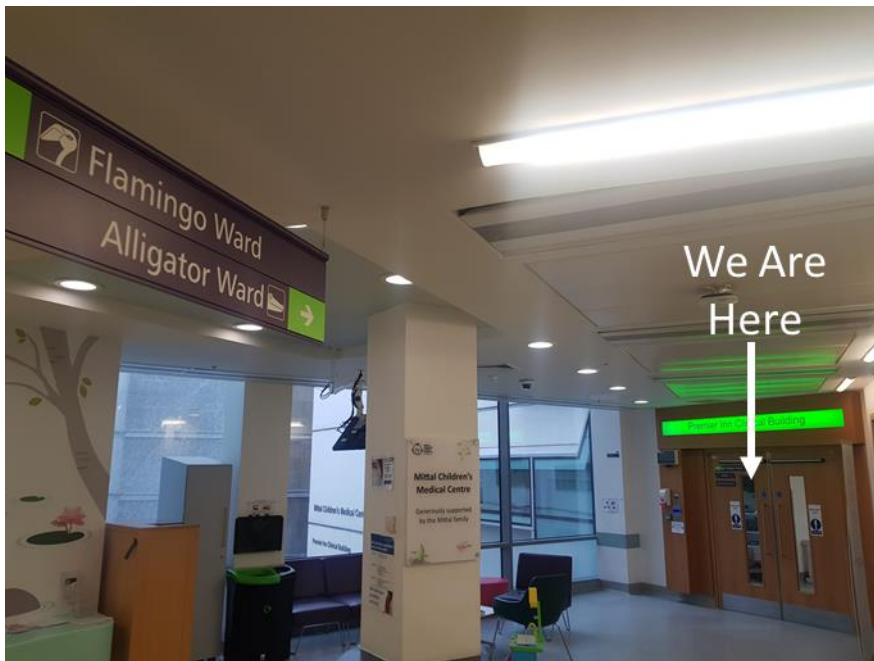
Are there any risks or side effects?

There are no risks or long term effects, so you'll be able to return to your normal routine once you leave.

Getting Here



Exit the lifts at level 4 of the Premier Inn Clinical Building and follow signs for Alligator Ward.



We look forward to seeing you 😊 *The Sleep Team*

More information and Contacts

If you have any questions or concerns and wish to speak to one of the Sleep Physiologists, please call the **Sleep Unit** on **020 7405 9200 ext. 0462** or **0599**. The office is open Monday to Friday from 9am to 5pm.

If you are unable to attend your booked sleep study, or your child has an illness that is affecting their sleep or breathing (such as a cold), or your child or anyone in your household develops any symptoms of COVID-19, tests positive, or comes into contact with anyone with COVID-19, please contact the **Sleep Administrator** on **020 7762 6948**.

If you have any questions or concerns in regards to your child's ventilation (CPAP/BiPAP), please contact **Garry Rendle, NIV Nurse Practitioner** Monday to Friday: 8am-4pm on **020 7405 9200 ext. 1726**

If you require urgent out of hours support in regards to your child's ventilation please phone the Sleep Unit at these times ONLY: Monday to Sunday: 7.30pm-8am, excluding bank holidays. Otherwise phone **Kangaroo Ward** on **020 7405 9200 ext. 8339**

For more information, please visit our webpage on the GOSH website via the link below

<https://www.gosh.nhs.uk/wards-and-departments/ward-and-admissions-information/respiratory-sleep-unit/>



What is MyGOSH?

MyGOSH is a safe and secure online portal that enables children, young people and families to have access to specific parts of the electronic patient record at Great Ormond Street Hospital (GOSH). This means everyone can manage their health and care wherever they can get online.

With MyGOSH you can:

- Review and reschedule certain appointments as well as accept earlier appointment offers
- Look at the health summary – this is taken from your electronic patient record so is always up to date
- View test results
- Ask for repeat prescriptions for medication that is only supplied by GOSH
- Communicate securely with the medical team
- Share the MyGOSH record with other health professionals.

You can also **fill out the sleep study questionnaire before your appointment!**

For more information please visit our website on the following link: <https://www.gosh.nhs.uk/your-hospital-visit/mygosh/>

To sign up for MyGOSH, you can email MyGOSH.Helpdesk@gosh.nhs.uk or call the **MyGOSH helpline** on **0207 829 7985** to speak to a member of the MyGOSH team.